



WHITEBOARD – Importance of Proper Hydration

1. How much water is our body made up of?

Roughly ~60-70% of our Mass

*Our body has around 5 litres (10 pints) of Blood circulating through us, and that's ~7% of our mass... Which means our BRAIN, HEART, LUNGS, DIGESTIVE SYSTEM, MUSCLES AND JOINTS might feel BETTER when we drink more WATER. Better Circulation Allows for **literally increased fluidity***

2. How much water should we drink per day?

Around 1-3 Liters / Day (8-12 Glasses)

This number differs for everyone, especially depending on our Height, Physical Activity Level, etc

3. What do we need to balance out Hydration?

Diet, Movement (Activity), Conditions

4. Why should you drink more water than anything else?

It's like breathing; air is better for you

5. What should you do if you're feeling tired?

Drink water

6. What should you do if your mouth is dry?

Drink water

7. What should you do when you're drinking water?

Drink MORE WATER

8. How often should we drink water?

~ Every 10 Minutes – Within 1 Hour

Obviously we can focus on other things through our day other than drinking water, but it REALLY HELPS to carry water with you wherever you go; CREATE THAT HABIT

9. What are some other perks to drinking water?

Not Dying of Dehydration, staying awake!

10. No but seriously...?

Better Temperature Regulation, Better Immune Response, Kidney Stone Prevention (Diet Balance), Less Headaches, Clearer Mind, General Improved Health

HYDROPHOBIA – FEAR OF WATER

Rabies; An irrational and abnormal fear and/or inability to ingest / be near water without completely rejecting it. At this stage, it usually means its too late (FATAL)... So ALWAYS GET TREATED BY A MEDICAL PROFESSIONAL AFTER GETTING BITTEN / SCRATCHED BY AN ANIMAL